

NORDIC WALKING - 5KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: Bieg Niepodległości
Organizator: Stowarzyszenie Pozytywni z Pasją Jastrowie
Data: 2023-11-12
Miejsce: Jastrowie
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	JAKIMIEC Tadeusz	186	KLUB SPORTOWY HUSARIA SZCZECINEK	M OPEN	1	00:34:11.70		6:50	8.8 (100%)
2	PYREK Krzysztof	209	1 RBLOG	M OPEN	2	00:34:54.62	+00:00:42 (2.0%)	6:58	8.6 (97.7%)
3	GORTAT Bogumił	182	NORDA MASTERS	M OPEN	3	00:36:44.00	+00:02:32 (6.9%)	7:20	8.2 (93.2%)
4	RATKA Michał	210		M OPEN	4	00:38:41.96	+00:04:30 (11.6%)	7:44	7.8 (88.6%)
5	PRZYPOLSKI Miłosz	208	KIJOWE SIOSTRY I BRAT	M OPEN	5	00:38:59.80	+00:04:48 (12.3%)	7:47	7.7 (87.5%)
6	LAJTER Jerzy	195	4 RUN TEAM PIŁA	M OPEN	6	00:39:51.44	+00:05:39 (14.2%)	7:58	7.5 (85.2%)
7	LENARTOWICZ Stanisław	196		M OPEN	7	00:41:24.41	+00:07:12 (17.4%)	8:16	7.2 (81.8%)
8	GRABOWSKA Monika	184		K OPEN	1	00:42:30.68	+00:08:18 (19.6%)	8:30	7.1 (80.7%)
9	SOBCZYK Barbara	166	MTB RUSAŁKA POZNAŃ	K OPEN	2	00:42:31.02	+00:08:19 (19.6%)	8:30	7.1 (80.7%)
10	FRAK Roman	181		M OPEN	8	00:42:54.21	+00:08:42 (20.3%)	8:34	7 (79.5%)
11	BRONOWICKA Angelika	177		K OPEN	3	00:43:11.51	+00:08:59 (20.8%)	8:38	6.9 (78.4%)
12	KOWALSKI Arkadiusz	193		M OPEN	9	00:44:27.68	+00:10:15 (23.1%)	8:53	6.7 (76.1%)
13	BANACZYK Piotr	173	LILL SPORT	M OPEN	10	00:44:28.52	+00:10:16 (23.1%)	8:53	6.7 (76.1%)
14	PAWLAK-LEWANDOWSKA Izabela	204		K OPEN	4	00:44:58.24	+00:10:46 (24.0%)	8:59	6.7 (76.1%)
15	WÓDECKA Dorota	227		K OPEN	5	00:45:06.77	+00:10:55 (24.2%)	9:01	6.7 (76.1%)
16	SZYŁAK Katarzyna	218	KLUB SPORTOWY HUSARIA SZCZECINEK	K OPEN	6	00:45:10.21	+00:10:58 (24.3%)	9:02	6.6 (75.0%)
17	BROŻEK Joanna	178	AKADEMIA ZDROWEJ SYLWETKI	K OPEN	7	00:46:02.94	+00:11:51 (25.7%)	9:12	6.5 (73.9%)
18	KOWALSKA Dominika	192		K OPEN	8	00:46:18.14	+00:12:06 (26.1%)	9:15	6.5 (73.9%)
19	PAWŁOWSKA Anna	206		K OPEN	9	00:47:16.01	+00:13:04 (27.7%)	9:27	6.3 (71.6%)
20	GOTOWIEC Beata	183		K OPEN	10	00:47:22.50	+00:13:10 (27.8%)	9:28	6.3 (71.6%)
21	ŁUGOWSKA Anna	198	KIJOWE SIOSTRY I BRAT	K OPEN	11	00:47:58.20	+00:13:46 (28.7%)	9:35	6.3 (71.6%)
22	BIADON Agnieszka	175	LILLSPORT	K OPEN	12	00:47:59.03	+00:13:47 (28.7%)	9:35	6.3 (71.6%)
23	PIETRZYK Danuta	207	LILLSPORT	K OPEN	13	00:48:05.01	+00:13:53 (28.9%)	9:37	6.2 (70.5%)
24	WIĄCEK Lidia	222		K OPEN	14	00:48:51.86	+00:14:40 (30.0%)	9:46	6.1 (69.3%)
25	ABRAMOWICZ Ewa	171	KIJOWE SIOSTRY I BRAT	K OPEN	15	00:48:55.11	+00:14:43 (30.1%)	9:47	6.1 (69.3%)
26	ŻURAWSKA Dorota	230	RÓZDUPE	K OPEN	16	00:48:56.97	+00:14:45 (30.1%)	9:47	6.1 (69.3%)

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27	HAWETO Janina	185	KIJOWE SIOSTRY I BRAT	K OPEN	17	00:49:01.66	+00:14:49 (30.3%)	9:48	6.1 (69.3%)
28	NOWICKI Zbigniew	202	OSP SYPNIEWO	M OPEN	11	00:49:35.45	+00:15:23 (31.0%)	9:55	6.1 (69.3%)
29	STAWIARZ-WACHOWICZ Izabela	216		K OPEN	18	00:50:15.00	+00:16:03 (32.0%)	10:03	6 (68.2%)
30	WIŚNIK Asia	226		K OPEN	19	00:50:16.88	+00:16:05 (32.0%)	10:03	6 (68.2%)
31	PACAŁA Joanna	203		K OPEN	20	00:50:29.70	+00:16:17 (32.3%)	10:05	5.9 (67.0%)
32	ŁABĘDZ Katarzyna	197	LILLSPORT	K OPEN	21	00:50:45.51	+00:16:33 (32.6%)	10:09	5.9 (67.0%)
33	CZECHOWSKA Joanna	180	POZYTYWNI Z PASJĄ	K OPEN	22	00:51:01.43	+00:16:49 (33.0%)	10:12	5.9 (67.0%)
34	WRONA Ryszard	169	LILL-SPORT	M OPEN	12	00:51:05.77	+00:16:54 (33.1%)	10:13	5.9 (67.0%)
35	DUBISZ Joanna	170	LILL-SPORT	K OPEN	23	00:51:06.57	+00:16:54 (33.1%)	10:13	5.9 (67.0%)
36	CICHAŃSKA Anita	179		K OPEN	24	00:51:15.98	+00:17:04 (33.3%)	10:15	5.9 (67.0%)
37	NOWICKA Anna	201	OSP SYPNIEWO	K OPEN	25	00:51:19.95	+00:17:08 (33.4%)	10:15	5.8 (65.9%)
38	SARNA Beata	214		K OPEN	26	00:51:22.44	+00:17:10 (33.4%)	10:16	5.8 (65.9%)
39	SZCZERBA Dorota	217		K OPEN	27	00:51:22.64	+00:17:10 (33.4%)	10:16	5.8 (65.9%)
40	WIECZOREK Justyna	224		K OPEN	28	00:51:22.67	+00:17:10 (33.4%)	10:16	5.8 (65.9%)
41	KALLAS-ŁOCHIŃSKA Alicja	188		K OPEN	29	00:51:52.41	+00:17:40 (34.1%)	10:22	5.8 (65.9%)
42	KOWALCZUK Maria	190	KIJOWE SIOSTRY I BRAT	K OPEN	30	00:51:52.45	+00:17:40 (34.1%)	10:22	5.8 (65.9%)
43	SPYCHAŁA Katarzyna	215		K OPEN	31	00:51:53.21	+00:17:41 (34.1%)	10:22	5.8 (65.9%)
44	BAZYLIŃSKA-NOSEK Sylwia	174		K OPEN	32	00:52:56.23	+00:18:44 (35.4%)	10:35	5.7 (64.8%)
45	WIDURSKA Agnieszka	223		K OPEN	33	00:53:24.82	+00:19:13 (36.0%)	10:40	5.6 (63.6%)
46	KOSELKE Kamila	189		K OPEN	34	00:54:11.16	+00:19:59 (36.9%)	10:50	5.5 (62.5%)
47	ŚLIGA Marta	220	RÓZDUPE	K OPEN	35	00:54:14.52	+00:20:02 (37.0%)	10:50	5.5 (62.5%)
48	ŚWIDER Monika	221		K OPEN	36	00:54:16.54	+00:20:04 (37.0%)	10:51	5.5 (62.5%)
49	ŚLEDŹ Magdalena	219	KLUB HUSARIA SZCZECINEK	K OPEN	37	00:54:43.21	+00:20:31 (37.5%)	10:56	5.5 (62.5%)
50	ZAPILAJ Emilia	229		K OPEN	38	00:54:47.62	+00:20:35 (37.6%)	10:57	5.5 (62.5%)
51	ZAKRZEWSKA Krystyna	228		K OPEN	39	00:56:48.82	+00:22:37 (39.8%)	11:21	5.3 (60.2%)
52	ROMANÓW Małgorzata	212		K OPEN	40	00:56:49.35	+00:22:37 (39.8%)	11:21	5.3 (60.2%)
53	BALICKI Adam	172		M OPEN	13	00:58:28.18	+00:24:16 (41.5%)	11:41	5.1 (58.0%)
54	RESZKO-KOWALSKA Agnieszka	211		K OPEN	41	00:58:28.67	+00:24:16 (41.5%)	11:41	5.1 (58.0%)
55	PAWŁOWSKA Sylwia	205	SOSW JASTROWIE	K OPEN	42	00:59:58.70	+00:25:46 (43.0%)	11:59	5 (56.8%)
56	KOZŁOWSKA Emilia	194		K OPEN	43	00:59:59.28	+00:25:47 (43.0%)	11:59	5 (56.8%)
57	KOWALCZYK Weronika	191	WIERZCHOWO	K OPEN	44	01:02:09.12	+00:27:57 (45.0%)	12:25	4.8 (54.5%)
58	SAKOSIK Janina	213	KOMANDOSKA	K OPEN	45	01:02:09.37	+00:27:57 (45.0%)	12:25	4.8 (54.5%)
59	BIAŁA Edyta	176		K OPEN	46	01:03:47.99	+00:29:36 (46.4%)	12:45	4.7 (53.4%)
60	MAŁYSZ Hanna	199		K OPEN	47	01:04:04.75	+00:29:53 (46.6%)	12:48	4.7 (53.4%)
61	JOPEK Dorota Sabina	187		K OPEN	48	01:04:04.88	+00:29:53 (46.6%)	12:48	4.7 (53.4%)
62	WIŚNIK Marcin	225		M OPEN	14	01:04:09.04	+00:29:57 (46.7%)	12:49	4.7 (53.4%)

Znaleziono 62 wynik(ów)